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LAMB

AS YOU LIKE IT

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LAMB comes on the market in largest quantities in spring and fall, but a good supply is available the year around. Cuts from the leg, loin, and ribs are the most popular, but with proper cooking savory and less expensive dishes can be made from the shoulder, breast, flank, and neck.

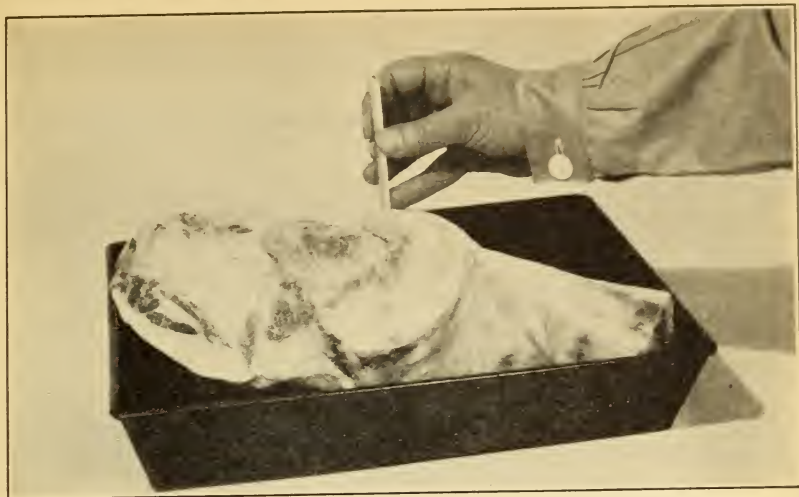
It is economy to buy a leg or a shoulder of lamb for roasting although it may furnish more meat than is needed for one meal or even for two. Roast lamb is one of the best meats for slicing cold, and every left-over can be utilized in a spicy curry or in any one of a dozen other appetizing hot dishes. Bones and trimmings removed before cooking make excellent soups and jellies.

The flavor of lamb combines especially well with certain relishes and vegetables, as suggested in the following list. Green salads with tart and flavorful dressings also add color and zest to lamb menus.

RELISHES	VEGETABLES	SALADS
Mint sauce	Peas	Lettuce with tart dressing
Mint jelly	Onions	Tomato, cucumber, and lettuce
Currant jelly	Spinach	Kumquat, endive, and watercress
Guava jelly	String beans	Grapefruit and lettuce
Spiced conserves and pickles	Asparagus	
Horseradish sauce	Turnips	
	Cauliflower	

The fell is the thin papery outer covering on the lamb carcass. Though recipes frequently advise that it be removed before cooking, it is now believed that flavor is not affected by the fell. Leg of lamb keeps its shape better if cooked with the fell, but shoulder, saddle, and chops are improved by its removal. Unless a roast from which the fell has been removed is rubbed well with flour, it will require longer to cook than a piece with the fell undisturbed.

The time required to roast meat of any kind depends to a large extent on the temperature of the oven. Higher temperatures than those suggested in the following recipes shorten the time of cooking but increase shrinkage and may make the meat overbrowned and too dry. At the temperatures given, the time of cooking is rather long, but less juice is lost, and the meat is uniformly cooked and has a light golden brown crust. With a meat thermometer to indicate when the roast is done, the home maker can experiment with her oven and determine her own methods. Some persons like lamb cooked to 175° F. Others like it well done (182° F.), because the flavor is then less pronounced. Whatever way lamb is cooked, if it is to be served hot, it should be piping hot on hot plates, because the fat hardens as soon as it begins to cool.



Use a meat thermometer during roasting to prevent guesswork

ROAST LEG OF LAMB

SELECT a leg of lamb, preferably cut so as to include some of the loin, as illustrated. Wipe the meat with a damp cloth, sprinkle with salt and pepper, and rub well with flour. Lay the roast, skin side down and cut-flesh side up, on a rack in an open pan without water. Insert a meat thermometer so that the bulb reaches the center of the thick round of the leg. If the fat covering is very thin, lay several strips of bacon on top. Sear for 30 minutes in a hot oven (about 480° F.); or if bacon has been added, for a shorter time so as to avoid overbrowning. When the roast is seared and lightly browned, reduce the oven temperature rapidly to 300° F. and continue the cooking at this temperature without water and without a cover. By this method basting is generally not necessary. If one desires the meat to be slightly underdone, remove the leg from the oven when the meat thermometer registers 175°, or at 182° F., for well-done lamb.

The length of time required to roast a leg of lamb depends chiefly on the size of the leg and the temperature of the oven. A leg weighing 5 pounds will probably require from two and one-half to three hours, including searing, and a 7-pound leg from three to three and one-half hours, to cook to the well-done stage at the oven temperatures given.

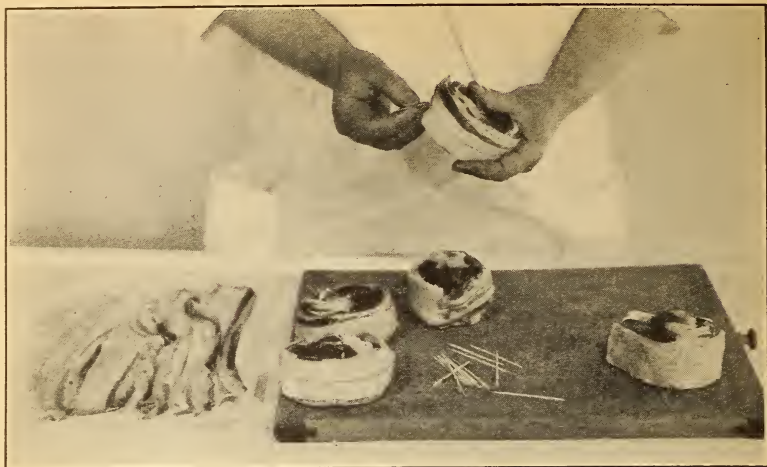


BROILED LAMB CHOPS

WHETHER single or double, from loin, ribs, or shoulder, have lamb chops cut in uniform thickness and the fell removed. Double loin chops may be boned, rolled, and wrapped in sliced bacon. Rib chops are often "Frenched" by trimming the rib ends bare. All lamb chops are best broiled either by direct heat or in a heavy uncovered skillet.

To broil by direct heat, lay the chops on a cold greased rack and place over live coals or under an electric grill or the flame of a gas oven.

If a gas oven is used, have the chops 2 or 3 inches below a moderate flame. Sear them on both sides. Place double rib chops fat side up at first so that they will also sear along that edge. After searing, lower the flame and finish the cook-



Have thick loin chops boned, wrap them in bacon, and broil by direct heat

ing at reduced temperature. Turn the chops occasionally, but do not prick the brown crust. If more convenient, after searing double chops (1½ to 2 inches thick) under the flame, transfer the broiler to a moderately hot oven (375° to 400° F.) to finish the cooking.

To pan broil, lay the chops in a heavy, sizzling-hot skillet, sear quickly on both sides, and also turn thick chops on edge so as to brown the fat. Then reduce the heat, turn the chops frequently, and finish the cooking at low temperature. Do not add water or cover the skillet. From time to time pour off excess fat so that the chops broil, not fry. If preferred, with very thick chops, after searing, slip a rack under them in the skillet, and finish the cooking in a moderately hot oven (375° to 400° F.).



Broiled lamb chops are juicy and golden brown

By either method, double loin chops (1½ to 2 inches thick) require 25 to 30 minutes; single loin chops (three-fourths to 1 inch), 10 to 15 minutes. Double rib chops require 30 to 35 minutes; single ribs, 10 to 15 minutes. Shoulder chops (three-fourths inch thick) require 10 to 15 minutes.

Place broiled chops immediately on a hot platter, add salt, pepper, and melted butter, and garnish with parsley or watercress.



ROAST SADDLE OF LAMB

FOR the saddle roast select a loin weighing about 6 pounds. Wipe it with a damp cloth, sprinkle with salt and pepper, and dust with flour. Place the roast on a rack in an open pan without water in an oven heated to 480° F. Sear for 30 minutes. Reduce the oven temperature to 300° F., and continue the cooking in an open pan and without water until the meat is done. The total time required to roast a saddle weighing 6 to 7 pounds will be from two and one-half to three hours when these oven temperatures are used.

Carve the saddle in thin strips parallel to the backbone. Or, have the cut boned so that it can be carved in slices across the grain of the meat. Fill the boned saddle with a tasty stuffing (page 6), roll the flank underneath, sew securely, and roast in the same way as the unboned saddle.

Savory Brown Gravy

Pour the excess fat from the pan drippings. Mix 2 tablespoons of flour with the drippings remaining in the pan, let brown, gradually stir in 1½ to 2 cups of cold water, and cook until smooth. Add salt, pepper, and chopped parsley.

Mint Sauce

½ cup water	2 tablespoons fresh chopped
½ cup vinegar	mint leaves
1½ tablespoons sugar	½ teaspoon salt

Mix the water, vinegar, sugar, and salt and bring to the boiling point. Remove from the fire, add the chopped mint leaves, and allow the sauce to stand three or four hours before serving.



For festive occasions, serve roast saddle with savory brown gravy or mint sauce

ROAST STUFFED SHOULDER OF LAMB

SELECT a shoulder of lamb weighing from 3 to 4 pounds. Have the butcher remove all the bones and the fell. Save the bones for making soup. A lamb shoulder may be stuffed and either left flat or rolled. The flat shoulder, as illustrated, is easier to sew up than the rolled, and the pocket holds twice as much stuffing. Either of these completely boned stuffed shoulders can be carved straight through in attractive slices of part meat and part stuffing. (See cover page.)

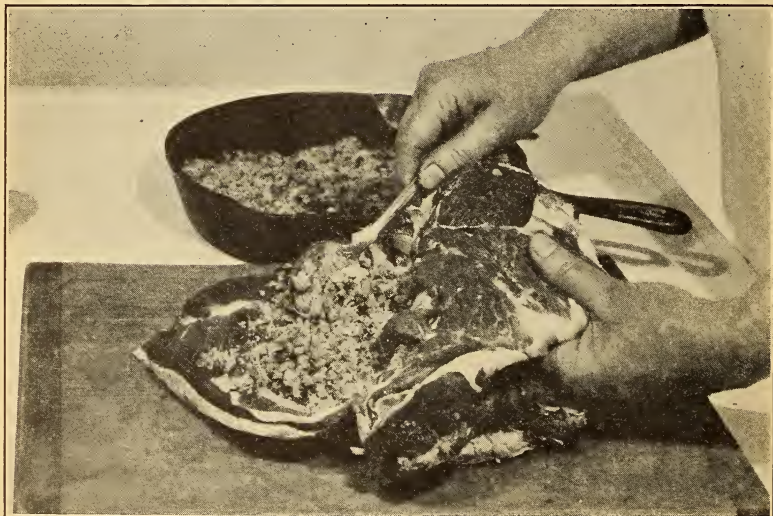
Wipe the meat with a damp cloth. Sprinkle the inside of the pocket with salt and pepper, pile the hot stuffing in lightly, and sew the edges together. Rub salt, pepper, and flour over the outside. If the shoulder has only a very thin fat covering, lay several strips of bacon over the top. Place the roast on a rack in an open pan without water. Sear for 30 minutes in a hot oven (480° F.). If bacon is laid over the roast, shorten the time of searing so as to avoid overbrowning. Reduce the temperature of the oven to 300° F. and cook the meat at this temperature until tender. From two and one-half to three hours will be required to cook a medium-sized stuffed shoulder at these oven temperatures. Serve hot, with brown gravy.

Mint or Watercress Stuffing

3 cups fine dry bread crumbs
 $\frac{1}{2}$ cup fresh mint leaves, or $1\frac{1}{2}$ cups
finely cut watercress leaves and stems
6 tablespoons butter or other fat

3 tablespoons chopped celery
 $1\frac{1}{2}$ tablespoons chopped onion
 $\frac{3}{4}$ teaspoon salt
Dash of pepper

Melt the butter in a skillet and add the onion and celery. Cook for a few minutes and add the mint leaves or the finely cut cress and the other seasonings, stir in the bread crumbs, and mix all the ingredients together. When using watercress allow the liquid which cooks out to evaporate before the bread crumbs are added.



Pile the hot stuffing lightly into the cavity, and sew up the shoulder for roasting



Roast breast of lamb and onions, stuffed with forcemeat, are a savory combination



ROAST STUFFED BREAST OF LAMB

SELLECT a breast of lamb including the foreshank. Have the butcher crack the bones of the breast so that it can be carved between the ribs. Wipe the meat with a damp cloth, remove the foreshank, cut off the meat, and grind it for the forcemeat stuffing. Make a pocket in the breast by cutting through the flesh close to the ribs. Sprinkle the inside of the pocket with salt and pepper, pile in the hot forcemeat stuffing lightly, and sew the edges together. Rub the outside with salt, pepper, and flour. Lay the stuffed breast, ribs down, on a rack in an open roasting pan. Do not add water. Place the roast in a hot oven (480° F.), and sear for 30 minutes. If there is not sufficient fat to keep the meat from drying out, baste with melted fat, or lay a strip or two of bacon on top. After searing, reduce the oven temperature rapidly to 300° F., and continue the cooking in the open pan until the meat is tender. The total time required will probably be one and one-half to one and three-fourths hours. If there is more stuffing than the breast will hold, bake it in a separate dish, or use it as stuffing for onions to serve with the meat. Serve with brown gravy made from the drippings.

For the baked onions, choose a large, mild-flavored variety. Cut the onions in half crosswise and simmer in lightly salted water until about half done. Lift the onions out and arrange in a baking dish. Remove the centers without disturbing the outer layers. Chop the onion centers and add to the forcemeat stuffing. Fill the onion shells with this mixture, cover, and bake in a moderate oven for about one-half hour, or until the onions are tender. Remove the cover from the baking dish during the last of the cooking so that the onions will brown well on top.

Forcemeat Stuffing

Ground lean meat from the foreshank	1 sprig parsley, cut fine
2 cups fine dry bread crumbs	$\frac{1}{8}$ teaspoon celery seed
2 tablespoons butter or other fat	$\frac{1}{4}$ teaspoon savory seasoning
$\frac{1}{4}$ cup chopped celery	1 teaspoon salt
1 tablespoon chopped onion	$\frac{1}{8}$ teaspoon pepper

Melt the butter in a skillet, add the celery and onion, and cook for two or three minutes. Add the ground meat, and stir until the juice evaporates and the meat browns slightly. Then add the bread crumbs and seasonings and stir until well mixed.

LAMB STEW

2 pounds lean raw lamb
2 tablespoons butter or other fat
 $\frac{1}{2}$ cup sliced onion
3 cups diced rutabaga turnip

1 green pepper, chopped
1 quart water
Flour
Salt and pepper

BREAST, shoulder, neck, flank, and trimmings are all good for lamb stew. Wipe the meat with a damp cloth, cut into small pieces, and roll in flour. Melt the butter in a skillet, add the onion, cook until it turns yellow, and add the meat. When the meat and onion have browned delicately, transfer them to a kettle, and add the water, after first pouring it into the skillet so as to get full benefit of the browned fat. Cover, and simmer for one hour. Then add the turnip, green pepper, and seasonings, and cook 20 minutes longer. If the stew is not thick enough, add 1 tablespoon of flour mixed with 2 tablespoons of cold water, and cook for several minutes longer, stirring constantly. Serve piping hot with browned potatoes and garnished with parsley.

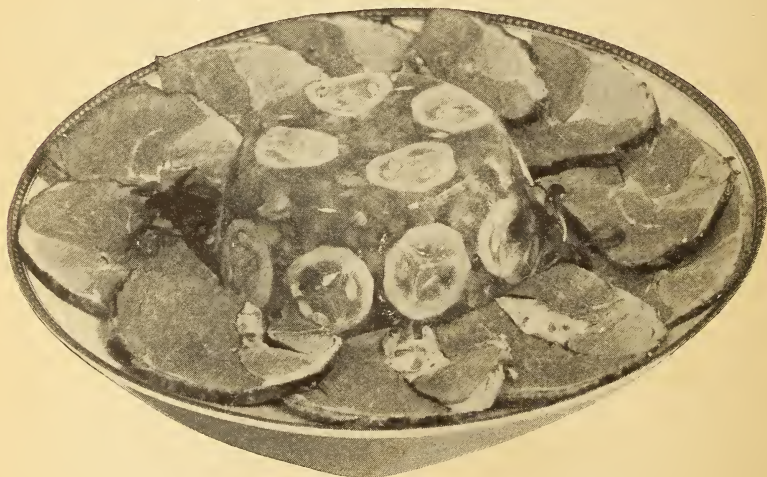


CURRIED LAMB

3 cups chopped cooked lean lamb
 $1\frac{1}{2}$ cups chopped celery and tops
1 medium-sized onion, chopped
 $\frac{3}{4}$ cup brown gravy or broth

3 tablespoons butter or other fat
 $\frac{1}{8}$ teaspoon curry
3 dashes tabasco
Salt

COOK the celery and onion in the butter. Add the meat, gravy, and seasonings. Stir until well mixed and hot. If too dry, add one-half cup of boiling water. Serve the curried lamb with a border of flaky boiled rice, garnished with parsley.



Serve sliced cold roast lamb with a tasty, colorful mint gelatin

